



**The 16 International Creative Anxiety Workshops –  
the Biennale Vincent's Pocket 2017  
May 8-11, 2017**

In 2017 the Vincent's Pocket refers to the notion of laughter and associations related to it. The activities were designed for children from primary and junior high schools. The form of implementation of the proposed activities will be based on the triad: image - motion - sound modulated and arranged according to the needs of specific concepts of the workshop.

### **Laughter**

Laughter is generally regarded as a symptom of mirth, so it has a dualistic nature and may be puckish in its essence. It can be a manifestation of joy or happiness, but it is also a manifestation of fear - a defensive reaction in a dangerous situation. Zygmunt Freud claimed that laughter possessed the ability to relieve tension created by both positive and negative stimuli. Irrespective of cultural affiliation (as opposed to a sense of humor) is a natural reaction to stimulation, to the surprise.

### **PROGRAM**

#### **May 8 (Monday)**

**• 17.00**

the Common Scene, Brandstaettera Str. 1 / Behind the Citadel  
FORUM

Opening of the exhibition: "Design with a smile", posters made by the students of the Graphic Department And Visual Communication at Cyril and Methodius University in Veliko Tarnovo, Bulgaria

#### **May 9 (Tuesday)**

**• 10.00-12.00**

the Citadel park, next to the Amphitheater  
WORKSHOPS FOR CHILDREN AND YOUTH

**• g. 17.00-20.00**

the Common Scene, Brandstaettera Str. 1 / Behind the Citadel  
FORUM

- "Laughter yoga. The way to Joy, led by Piotr Bielski (twice), based on the author's scenario  
- "Does this joke become you?," led by: PhD Beata Marcinkowska and Monika Goetzendorf-Grabowska (twice)

#### **May 10 (Wednesday)**

**• 10.00-12.00**

the Citadel park, next to the Amphitheater  
WORKSHOPS FOR CHILDREN AND YOUTH

**• 17.00-19.30**

the Common Scene, Brandstaettera Str. 1 / Behind the Citadel

FORUM. Workshop for teachers and animators

- "Does this joke become you?," led by: PhD Beata Marcinkowska and Monika Goetzendorf-Grabowska

### **May 11 (Thursday)**

#### **• 10.00-12.00**

the Citadel park, next to the Amphitheater

WORKSHOPS FOR CHILDREN AND YOUTH

#### **• 17.00-20.00**

the Common Scene, Brandstaettera Str. 1 / Behind the Citadel

FORUM

- multimedia presentation: PhD Natalia Pater-Ejgierd - "Internet meme, or how to joke with art"

- presentations of the workshops team made during the Vincent's Pocket 2017

- discussion

## **EVENT DESCRIPTIONS**

### **WORKSHOPS FOR CHILDREN AND YOUTH**

**May 9-11, between 10.00-12.00**

**the Citadel park, next to the Amphitheater**

#### **1. AN INVISIBLE PORTRAIT**

Each participant will make a paraffin transparent portrait or will draw the whole character of his/her friend on a large sheet of paper. When "invisible" portraits are completed, we suggest exchanging works and "revealing" the portrait. This can be done in many ways. During the "disclosure" of the portrait it appears the state of waiting for a miracle with an unknown end, a fascination when "magic reveals a portrait." This creates a surprise effect that can cause a smile or a laugh. The same situation occurs during the finals when the work is visible to the whole group. We also show unusual drawing techniques. But most importantly, we would like to create a space of good play where good humor, smiles and laughter can easily appear.

Age of participants: 7-8 years

Led by: Daria Chadaieva, Oleksandra Dudek, Yuliya Kravchenko

State Academy of Design and Arts in Kharkiv (Ukraine)

#### **2. MAKE A PAINTING SMILE**

The workshop participants will try to present an alternative, funny version of the work of art. Children will receive reproductions of images depicting sad or anxious people. The task of the participants is to create various props that would make the picture happier and more positive. In addition to exploring and analyzing works of art, children will be able to interact with them. The task is to stimulate creative thinking and to improve teamwork skills. The positive and humorous tone of the workshop will guarantee a creative play.

Led by: Anna Bogdanowicz, Natalia Mucha, Monika Pawłowska, Anita Słodyczka

Age of participants: 8-12 years

Academy of Fine Arts in Krakow

### **3. BOX PEOPLE**

The workshop aims to bring the essence of laughter to children. During the workshops we will be transformed into Box People and then we will go to the park and explore the world from a different perspective. The workshops will be based on early prepared white boxes with holes cut for the eyes. At the beginning of the workshop participants will be introduced to the idea of the activity with a brief introduction on the Box People and subsequent stages of the workshop. Then children will be coupled on a random basis. At the next stage the couple will get 2 boxes and 2 marker pens. After receiving the package, they will have to put on their boxes and they should not pull them off till the end. Each couple will need to find a suitable place to work.

Age of participants: 8-12 years

Led by: Anna Kucharek, Izabela Michniowska, Wojciech Skibicki

Academy of Fine Arts in Wroclaw

### **4. A SMILING KITE**

Kite is a symbol of freedom, childhood, and most of all - a smile. Through its availability it creates positive emotions and laughter. Kites will be made of plastic, nylon, PVC foil. In this way, the materials that we use in our daily lives and pollute the environment will be recycled. Children will learn and develop good environmental habits. Every kite should be different, but with a similar message – a smile. Groups will decide about the message and design of each kite.

Age of participants: 8-12 years

Led by: Antoniya Lambeva, Mihaela Radkova, Zhenya Tsaneva

University of St. Cyril and Methodius in Great Tarnowo (Bulgaria)

### **5. LAUGHTER-AND-CATHERS**

Can laughter be funny? Are you sure everyone is laughing the same way? In the same language or dialect? And what if you see a Spaniard who is laughing 'jajaja' or a Pakistani who laughs 'هههههه'?

We prepared for you a dozen kinds of laughter popular in different countries, on the internet, SMS and television. During the meeting we will try to transfer virtual laughter into the real world. In the first stage we will try to depict the characteristics of laughter of representatives from different countries by means of paints, cutouts or pastels. You will need lush imagination, creativity and listening skills. Then each of you will test his/her memory, perceptiveness, speed and sense of humor.

Age of participants: 10-12 or 13-15 years

Led by: Dominika Majewska, Klara Skórska, Milena Tomkiewicz

Nicolaus Copernicus University in Toruń

### **6. HUMOR EVACUATED FROM THE NETWORK**

The workshop is designed to allow students to create a message in a form of a meme similar to those they encounter on a daily basis using the Internet. A meme is a unit of information in a cultural context whose particular form is an Internet meme that has become a carrier of a specific language and content that is known only to the people familiar with the context. The workshop participants divided into groups will prepare banners with their memes, they will have to decide about their messages, prepare them and march to school with them (if they want to). The workshop aims at transposing the web form into the context of everyday life, stimulating imagination and sense of humor, and developing abstract thinking.

Age of Participants: 13-15 years

Led by: Dorota Szczepaniak, Aleksandra Wygnańska, Rita Zielińska  
Academy of Fine Arts in Łódź

### **7. THROUGH THE LOOKING-GLASS**

Laughter is the reaction that arises in our interior. It is a reflection of our psyche, our self, our soul on various stimuli. Is it like a reflection of reality in a mirror that can be distorted, skewed and inverted. During the workshop we will examine the essence of the notion of laughter, trying to find it in ourselves. Theoretical reflections will be translated into action in making a spatial form that is a kind of holistic structure. In the process of creation we will use such concepts as reflection, distortion or a curved mirror.

Age of participants: 13-15 years

Led by: Anna Krupa, Michalina Targosz, Martyna Szkudlarek  
Poznan University of Art

### **8. A SKELETON DANCE**

Since laughter is the subject of workshops, we decided to choose black humor. This workshop is based on creating and moving the skeleton dance on a stick. The next element is the creation of Mexican face masks in the spirit of Calavera skulls decorating the faces of the parade on the Day of the Dead and making some simple costumes. Then together we will create simple dance choreography for the parade and photograph it.

Age of participants: 13-15 years

Led by: Rita Pavelková, Martina Strakošová, Marian Šubík  
University of Ostrava (Czech Republic)

### **ADMISSIONS TO WORKSHOPS (due to the order of entries):**

Lucyna Perz, telephone no. 61 646 44 73, 666 391 233, from Monday till Friday, between 9.00-14.00  
**tickets: 2 PLN**

### **FORUM. WORKSHOPS FOR ADULTS**

the Common Scene, Brandstaettera Str.1 / Behind the Citadel

- "Does this joke become you?" led by PhD Beata Marcinkowska and Monika Goetzendorf-Grabowska. This is an interactive visual design that involves playing with words and pictures. The made works that will have an open character and their final shape will be given by recipients, specifically by their faces appearing in the resulting work.

Participants will create short texts, humorous poems from random words cut from newspapers. This kind of word game, perhaps a bit ambiguous and free from one interpretation, will be the starting point for creating a visual commentary in which everyone will be able to play their part. Participants will design their own "junk walls" (painted stands with a hole cut in such a way as to put a face into it), to which all the creators of the work will finally be able to check which joke they become.

- "Laughter yoga. A way to Joy "led by Piotr Bielski (twice), based on the author's scenario.

"Laughter Yoga is a method of releasing joy practiced in 104 countries. This unique gymnastics was initiated in India in 1995 by PhD Madan Kataria. This method combines unique laughter exercises, simple yoga breathing techniques, activating and relaxing exercises. This method allows people to use

the medical and psychological benefits of laughter such as relaxation of tension, oxygenation and endorphin agitation. "

What can yoga laughter offer to teachers, participants?

- teach effective ways to deal with stress
  - teach techniques of integration, relaxation, and "energizers" that can be used to work with students
  - give more distance to challenges
  - help build optimism and find joy at any time.
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- "Internet meme, or how to joke with art" prepared by PhD. Natalia Pater Ejgierd
  - presentations summarizing the course of the morning creative workshops with children and young people prepared by teams of young animators

**EXHIBITIONS** in the foyer of the Common Scene

"Design with a smile" presents a series of posters made by students of the Faculty of Graphic and Visual Communication at the Cyril and Methodius University in Veliko Tarnovo, Bulgaria. The curator of the exhibition is the senior lecturer PhD Krasimira Drumeva. The basic concept that connects all the posters is the use of a visual metaphor that uses the symbol of the human mouth.

- an exhibition of posters prepared by the teams invited to perform workshops. Authors will present their artistic expression about laughter, joke, grotesque.

**Accommodation of workshops:**

Fusion Hostel, Saint Martin Str. 66/72

[www.fusionhostel.pl](http://www.fusionhostel.pl), tel. 61 852 12 30

**Curator of the project:**

Tadeusz Wieczorek, [twieczorek@csdpoznan.pl](mailto:twieczorek@csdpoznan.pl), 61 646 44 77, 501 476 302

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**Organizers:**

Children's Art Center in Poznań

MAGAZINE Artistic and Educational Association

**Partners:**

Poznan University of Art

Polish Committee of the International Association for the Education through Art InSEA

**more at:**

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